

Yoga Fitness



Improve health and balance through the performance of yoga. Cheryl Gojko teaches the fundamentals of alignment, breathing and flow. Join us at the Pruzin Community Center on Mondays from 9:30am-10:45am and let your stress go! You may want to bring a water bottle and towel. Dress comfortably so you can move freely.

Register a minimum of 1 week in advance!

Dates: January 4-March 21 (off 1/18, 2/15), April 4-June 13 (off 5/30)

Time: 9:30am-10:45am

Days: 10 Mondays

Fee: Residents \$40/Non-Residents \$50

Min. 6/Max. 20

Ages: 18-99+

Please note that by registering for any program your photo may be used in advertising!

Yoga: Make Checks Payable to: Merrillville Parks and Recreation

Students Name: _____

Address: _____

Phone: _____ Birthdate: _____/_____/_____

e-mail: _____

Class session enrolling in: _____